



KITCHEN SAFETY

FIRES:

- Place all flammable items, like dishtowels, wooden spoons, cookbooks and packaging materials, away from the stove.
- Use ground fault circuit interrupters (GFCI) in all outlets, especially in areas where water is used.

BURNS & SCALDS:

- If you can, keep children out of the kitchen while you're cooking. If that's not possible, create a clear zone of 3 feet around the stove, to keep children from getting too close.
- Use the back burners of the stove, and turn pot handles away from the edge, to prevent hot spills.
- Slowly open containers that have just been heated in the microwave. Steam can easily cause burns and scalds in children.
- Set hot items, food and drinks away from the edge of counters, so that young children cannot reach them.
- Do not heat baby formula or baby milk in the microwave, as it can create hot spots. Instead, heat bottles by placing them in a cup or mug of warm water, and check the temperature on your wrist before feeding your baby.
- Do not let young children use electrical appliances like microwaves or toaster ovens. Supervise older children when they are using these appliances.

CHOKING & STRANGULATION:

- A young child's airway is about the size of a drinking straw. When they are eating, make sure their food is small enough for them to swallow.
- Until your child is 4 years old, avoid feeding him or her small, round and hard foods that can easily become stuck in their airway. This includes hot dogs, carrots, grapes, cheese sticks, nuts, hard candy, marshmallows and popcorn.
- Keep all cords and strings out of children's reach. Window blind cords especially can pose a strangulation risk.
- Always unplug electrical appliances, and tuck the cords away, or store them after you are done.

FALLS & TIP-OVERS:

- Keep floors clear of clutter and spills.
- Make sure carpets and runners are secure. Use rugs with non-slip backs, or if that's not possible, use non-slip rug pads.
- Floors that are wood or have been recently cleaned are slippery, so use non-skid wax or polish on your floors.
- Attach large furniture, such as a baker's rack or bookshelf, to the wall, using brackets, braces or wall straps.

DOWNLOAD THE MAKE SAFE HAPPEN APP

Developed in partnership with the safety experts at Nationwide Children's Hospital, the app helps you make your home safer. Get room-by-room safety checklists, link to recommended products, and set reminders.



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POISONING:

- Keep all medicines, vitamins, personal care products and household cleaners locked up. Install safety locks, latches and doorknob covers, to keep kids from opening drawers, cabinets, closets and doors.
- Keep small magnets away from children. If you think your child has swallowed a magnet, get medical attention immediately.

IN CASE OF AN EMERGENCY:

- Have a working fire extinguisher in the kitchen, and know how to use it. Be sure to check the expiration date on your fire extinguisher and replace it when needed.
- Put the Poison Control Center number (1-800-222-1222) and other emergency numbers into your home and cell phones, and in a highly visible place (like the refrigerator door) where all caregivers can see it.

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